GOVERNMENT OF INDIA
AYURVEDA,YOGA & NATUROPATHY,UNANI,SIDDHA AND HOMEOPATHY (AYUSH)
LOK SABHA

STARRED QUESTION NO:427
ANSWERED ON:16.12.2016
Treatment of Child Malnutrition through AYUSH
Singh Shri Uday Pratap

Will the Minister of AYURVEDA,YOGA & NATUROPATHY,UNANI,SIDDHA AND HOMEOPATHY (AYUSH) be pleased to state:

Will the Minister of AYURVEDA, YOGA AND NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY (AYUSH) be pleased to state:

(a) whether a large number of children are suffering from malnutrition and if so, the details thereof; and

(b) whether AYUSH system of medicine provides affordable diagnosis, prevention, treatment and management of child malnutrition and if so, the details thereof?

Answer

ANSWER
THE MINISTER OF STATE (IC) OF THE MINISTRY OF AYURVEDA, YOGA & NATUROPATHY, UNANI, SIDDHA AND HOMOEOPATHY
(SHRI SHRIPAD YESSO NAIK)

(a) & (b) A Statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA
STARRED QUESTION NO. 427*FOR 16TH DECEMBER, 2016
(a) Yes.
However, the trend analysis of malnutrition as per National Family Health Survey (NFHS) and Rapid Survey on Children (RSoC) carried out in the country has shown improvement in nutritional status of the children. At National level, the prevalence of stunting, wasting and underweight among children under age of 5 years has decreased from 48% (NFHS-3; 2005-06) to 38.7% (RSoC; 2013-14); 20% (NFHS-3; 2005-06) to 15.1% (RSoC; 2013-14); 43% (NFHS-3; 2005-06) to 29.4% (RSoC; 2013-14) respectively.
b) Yes Sir, the AYUSH systems of medicine provide for affordable management of child malnutrition.
The diagnosis in AYUSH systems such as Ayurveda, Unani , Siddha and Homoeopathy is mainly based on clinical signs and symptoms and the fundamental principles of respective AYUSH system. The diagnosis, wherever necessary, may be supplemented with laboratory investigations.
Poor and/ or imbalanced diet is the main cause of malnutrition. Therefore, all the AYUSH systems have emphasized on having proper balanced diet and good dietary habits. The systems have further elaborated the specific properties of every dietary substance, the diet to be taken as per age, as per season etc. In case of low birth weight babies, under nutrition of the expectant mother is the main cause. Therefore, specific diet and other measures have been advocated depending upon the stage of pregnancy.
The mainstay of treatment and management include dietary intervention supported with AYUSH medicines to improve the appetite, digestion and absorption of the nutrients and improving immunity of child.
Ayurveda

Diagnosis, Treatment & Management:
Malnutrition / Nutritional disorders have been defined in Ayurvedic ancient classical texts as Kuposhanjanya Vyadhi. Disorders like Karshya, Phakka Roga, Balshosha, etc. come under this category. Specific symptoms of each of the disease condition have been explained in the ancient texts. The diagnosis is done on the basis of Ayurvedic approach of Nidan Panchaka and the Dashavidha Pariksha. This could be further supported with various tools and scientific advances.
The prevention and treatment starts right from the stage of pregnancy. Care of the pregnant mother and the foetus should be taken to ensure the proper growth of the foetus so as to prevent low birth weight of the new born. For this purpose, Ayurveda has elaborately described Garbhini paricharya i.e. antenatal care, which also includes dietary and lifestyle advocacies according to the stage of pregnancy. The line of treatment and management of undernourished children is aimed at improving Agni i.e. digestive fire, removal of Ama i.e. intermediate metabolites and improving the nutrition. Medicinal herbs like Sunthi (Dry Ginger), Pippali, Mareech etc are used to improve the Agni and removal of Ama. In case of breastfed children, mother is given Shatavari Churna, Jeerakaadi lehyam, Methi modaka etc to improve lactation and its quality. Children fed only on milk are given milk boiled with Sunthi. There are good numbers of single and compound poly-herbal medicines which could be administered to children for the management of malnutrition. These include Shatavari, Vidaari Kanda, Amalki, Jeeraka, Preenanamodaka, Rambhaphalarasayana, Ajamansrasayana etc. In addition to the internal medication, external application of oils in children, such as Chandan bala lakshadi taila, bala ashwagandhadi taila, mahamans taila etc are also useful.
Homoeopathy
Treatment & Management:

The treatment of malnourished children in Homeopathy is designed by taking into consideration the symptoms present in the child as

well as other physical characteristics of entire body, mental characteristics, past and present history of illness of the patient. Further miasm (internal cause) present in the parents are also considered during the time of treatment of a malnourished children. During antenatal period, expected mother may be given anti-miasmetic treatment through constitutional Homoeopathic medicine to prevent malnutrition. In addition, Homoeopathic medicines are also given to address the underlying cause of malnutrition like worm infestation etc. However, treatment needs to be supplemented with adequate nutritional diet.

Siddha
Treatment & Management:

In case of malnutrition in breastfed children, Siddha advocates supplementation of Sowbakya suntee lehyam to the mother to improve lactation. The other preparations used in Siddha for prevention of malnutrition include Thetran kottai lehyam, Urai mathirai etc.

Unani
Treatment & Management:

Unani medicine believes that equilibrium in various elements and faculties of human bodies depends upon six essential factors called Asbabe Sitta Zarooriya which are 1) atmospheric air, 2) food and beverages, 3) bodily movement and repose, 4) Psychic movement and repose, 5) Sleep and wakefulness and 6) Retention and depletion. Proper weight and nutrition of the newborn depends upon safe motherhood. Therefore, the expectant mother is advised to take proper nutrition. Some common remedies used to treat the undernourished children are Jawarish Amla, Sharbat Foulad, Habbe Jawahar, Kushta Khubsul Hadeed etc.